

KY Commission for Children with Special Health Care  
Needs  
982 Eastern Parkway

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## Spring Word Search

S D F D A S A L M D L L G Y M  
F M A L M R P C A W L I R N B  
S Y O R O A A F V A A R A N G  
S D O S R W F I B V B A S U Q  
D T R K S O E E N M T B S S X  
S H S I D O S R W Q F B S P X  
Q M Z I B A L C S N O I S X Q  
H O L Z B L P B N A S T I C D  
F L C O O K O U T S W S I O S  
S G U B V R E T S A E G G S K  
P Y N T U L I P S T B W S L C  
W L W I S K C U D Y O R I W I  
S E I G R E L L A O A R E T H  
O T N H A P U Z D N P M D A C  
K K D K F H S T R A R M V T K

ALLERGIES	APRIL	BASEBALL	BIRDS
BLOSSOMS	BREAK	BUGS	CHICKS
COOKOUTS	DAFFODILS	DAYS	DOGWOOD
DUCKS	EASTER	EGGS	FLOWERS
GRASS	MAY	PARKS	RABBITS
RAIN	SOFTBALL	SPRING	STORMS
SUN	TULIPS	WIND	



**EMAIL US!**  
[kytransition@aol.com](mailto:kytransition@aol.com)

*Do you need help finding resources or services in  
your area? Here's a website that can help:*

[www.kycares.ky.gov](http://www.kycares.ky.gov)

### FUN RECIPE:

#### Mudpie Cookies

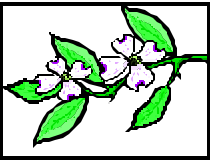
#### Ingredients:

2 cups of sugar  
2 tablespoons of cocoa  
½ cup of milk  
½ cup of butter  
½ cup of peanut butter  
2 cups of oatmeal  
1 teaspoon of vanilla flavoring

Mix the sugar and the cocoa together in a bowl. Stir in the milk. Put the mixture in a pot, add the butter, and put it on the stove to cook. It needs to come to a full boil and cook that way for two minutes. Stir constantly so that the mixture does not burn.

Take the mixture off the stove and mix the remainder of the ingredients. Dip the mixture, by spoonfuls, onto waxed paper and allow to cool.

Recipe from [www.kidsdomain.com](http://www.kidsdomain.com)



# “The Secret To Success”

*Transition newsletter for Teens*

Courtesy Somerset  
CCSHCN Staff



**CCSHCN**

**Spring 2004**

Kentucky  
Commission for CSHCN  
Regional Offices and  
Phone Numbers:

Ashland  
800-650-1329  
Barbourville  
800-348-4279

Bowling Green  
800-843-5877  
Edgewood  
888-542-4453

Elizabethtown  
800-995-6982  
Hazard  
800-378-3357

Hopkinsville  
800-727-9903  
Lexington  
800-817-3874

Louisville  
800-232-1160  
Morehead  
800-928-3049

Owensboro  
877-687-7038  
Paducah  
800-443-3651

Prestonsburg  
800-594-7058  
Somerset  
800-525-4279

## Volunteering It Is Important

Spring, what a good time to become a volunteer! Volunteers are so important that in 1974 President Richard Nixon signed an order creating an annual week to honor volunteers. Since then every President has done the same. Each year a week in April is used to recognize the efforts of volunteers that make a difference within their community.

There are also days in April to support young people who want to volunteer. Youth Service America is an organization that helps young people serve their community. YSA works with thousands of organization to provide chances for youth 5 – 25 to volunteer. For more information about YSA and becoming a youth volunteer log onto [www.ysa.org](http://www.ysa.org)

You can make a difference in your community by volunteering. You can volunteer at your school, church, a local food bank, day care center, hospital, animal shelter, or look in the Yellow Pages under Social Service Organizations for an organization in your area. You will gain experience that will help you through your whole life. If you don't volunteer thank someone that does.



## Sun Tips

Spring is also the time of the year to enjoy outside activities with friends and family. Outside activities may involve overexposure of sunlight. Protect yourself from the harmful effects of the sun by taking these steps:



- (1) The most important step is to avoid sunburn. Sunburn can cause permanent damage to your skin. Try to avoid spending too much time in the sun. The Sun's rays are the strongest between 10 A.M. and 4 P.M.
- (2) Learn your skin type. If you burn easily you may want to consider avoiding excessive outside activities.
- (3) Protect yourself while outdoors with sunscreen and hats. Sunscreen should be applied 30 minutes before going out.
- (4) Protect your eyes by wearing proper eyewear to protect yourself from UV light.
- (5) Know your medications. Some medications can make you sensitive to UV light causing extreme sunburn. So if you're taking any medication, know the facts by asking your pharmacist or doctor.

**Interesting Fact:** A wet, light colored shirt lets through almost as much light as bare skin.

### Don't forget about the Heat.

In hot weather, your body needs more water. Don't wait until you are thirsty, because your body needs more fluid than thirst tells you. By the time you feel thirsty, you may already be dangerously low on water. Drink often and in reasonable amounts. Don't try to drink a lot of coffee or tea. They are all right in moderation, but water is your best bet.



If you would like to submit an article, a picture, a joke, riddle, or recipe for the next newsletter send it to: "The Secret to Success" CSHCN 982 Eastern Parkway Louisville, KY 40217

## A Transition Fair, does your school offer one?

To help their students make plans for what they will do after high school, some schools offer a Transition Fair. At the fair, colleges, technical schools as well as other types of services you might use in the future are in one place just waiting to be checked out. The people that provide these services are there to provide you with information and answer your questions. Services covered might include, school, funding, work, leisure activities, housing, and health.



Beth Mann, who will be a junior at Owensboro High next fall, recently attended the fair at her school. Beth has Turners Syndrome and has worn hearing aids for years. At the moment, becoming nurse appeals to Beth. At the fair, Beth found out that the Department for Vocational Rehabilitation has an aptitude test that she would like to take to make sure she is cut out for nursing and that DVR offers other services as well as financial assistance to help her successfully attend school. Beth said she found the fair pretty exciting.

If your school offers a Transition Fair make sure you, your parents, or other important adults in your life attend it.

If your school doesn't offer one, you might want to suggest they do. If you can't attend a fair, check out these agencies on line. If you don't have a computer, public libraries have computers for the public use. Each of the Commission offices have one available for our patients to use. Call your local office to see about using it.

**Dept. of Vocational Rehabilitation**  
<http://kydvr.state.ky.us/>

**Ky Higher Education Assistance Authority**  
<http://www.kheaa.com/Index.html>

**Social Security Office**  
<http://www.ssa.gov/>

**Kentucky Housing Corporation**  
<http://www.kyhousing.org/>

**Pacer Center**  
<http://www.pacer.org/tatra/personal.htm>

**Kentucky Medicaid Services**  
<http://www.chs.ky.gov/dms/services/default.htm>